

## **Technology Assistance**

Convener: Terry 0455972281

Venue: Fripp Oval, Office

Time: By Arrangement

Commencing: February

Tutor will provide individual tuition to assist students to learn on their own device, addressing their area of interest. Each tuition session will be for one (1) hour. The sessions will focus on what the individual needs to know to achieve their desired outcomes. Beginner students typically have 3 or 4 lessons.

## **Monday Classes**

### **Shorter Flatter Walks**

Convener: Barbara 0402825260

Venue: As per walks list

Time: 8:30 -9.30

Commencing: Monday 1<sup>st</sup> February

Mainly flat walks for approximately 1 hour then coffee at a nearby café.(optional).Bring water and money for coffee etc. Wear a hat and comfortable walking shoes. Walks list is available from the office and online.

### **Art Appreciation**

Convener: Liz 0421974703

Venue: Fripp Oval, Main Hall

Time: 9:30-11:30

Commencing: 1st Feb fortnightly

This year we will be presenting art history primarily. However, members have been presenting on their own favourite art topics so we shall continue to intersperse the history with personal art topics.

### **Weights for Well-being - Beginners**

Convener: Mahullah 0400495522

Venue: Fripp Oval, Main Hall

Time: 9:00 am-10:30 am

Commencing: 8th February, fortnightly

Learning correct posture and movements to exercise using light weights. Introduction to a 2 part set total body program. Includes warm ups, strengthening/toning and stretch/release exercises on mat, chair or standing.

Working in pairs. Good for osteo-resistance, balance and general well-being.

Bring mat, hand weight, towel and water and wear loose comfortable clothing.

### **Weights for Well-being - Intermediate**

Convener: Trish 0423062756

Venue: Fripp Oval, Main Hall

Time: 10.45 am-12.15 am

Commencing: 8<sup>th</sup> February, fortnightly

Participants **must** have completed the W4W Basic 9 -Class Course in total. Same as the W4W Advanced Class, only easier

## **Lost Empires**

Convener: Warren 66287303  
Venue: Ballina Golf & Sports Club restaurant  
Time: 11:15-12.30pm  
Commencing: 1st February

A look at the rise (and, sometimes, fall!) of some of the national states that have shaped our world and some of the interesting (but not necessarily likeable!) people involved. Attendees, if not members of the Golf Club, will be asked to join as social members.

## **Mahjong**

Convener: Julie 0434988770 Jill 0404037686  
Venue: Fripp Oval, Main Hall  
Time: 12.30-4.00  
Commencing: 1st February

For experienced players and those continuing from the Beginner classes.

## **Scrabble**

Convener: Lyn 6686 6761 Valda 6686 9108  
Venue: Fripp Oval, Main Hall  
Time: 12.30-4.00  
Commencing: 1st February  
Playing Scrabble. Students can bring a dictionary.

# **Tuesday Classes**

## **Walking Group**

Convener: Barbara 0402825260  
Venue: As per walks list  
Time: 8.00-9.30  
Commencing: 2nd February

Medium walks including some hills. 6-8km mainly in the local area. We will walk for approx. 1.5 hours finishing with an optional cafe stop. Walks list is available from the office and online.

## **Yoga and Core Pilates**

Convener: Anne 0415773234  
Venue: Fripp Oval, Main Hall  
Time: 9.15-10.30  
Commencing: 2nd February

Guided Yoga and Pilates, some led by tutor, other following a CD with the help of the tutor.

## **Books and Poetry**

Convener: Gerti 66807350  
Venue: Ex-Services Club, Mullumbimby  
Time: 10.00-12.00  
Commencing: 2nd February (1st Tuesday)

Poets and writers from all eras, their lives and works. Poetry read and studied.

Occasional homework to write a short poem on a given topic

Review a book we have read and participate in discussion.

## **Music Appreciation**

Convener: Gerti 66807350

Venue: Ex-Services Club, Mullumbimby

Time: 10.00-12.00

Commencing 16<sup>th</sup> February (3<sup>rd</sup> Tuesday)

Learn about different composers, their lives and music. From Baroque to 20<sup>th</sup> Century music.

Using Powerpoints, DVDs and CDs

## **Buongiorna Italia**

Convener: Liz 0414403502

Venue: Cherry Street Sports Club

Time: 10.00-12.00

Commencing: 2nd February

Focus on Speaking, listening, reading and conversation.

Easy Italian, Buongiorna Italia.

## **Italian Conversation**

Convener: Valda 0431 099 438

Venue: Ballina RSL

Time: 10.00-12.00

Commencing 2<sup>nd</sup> February

Experienced, self-paced.

## **Cryptic Crosswords**

Convener: Kate 0428868350      Glenda 0415712536

Venue: Fripp Oval

Time: 10.45-12.00

Commencing: 2<sup>nd</sup> February

Beginners-Students learn the basic 'rules' of completing cryptic crosswords. Each week they take it in turns to explain the answers to the homework from the previous week. (usually 4 puzzles of varying difficulty)

Advanced-Dust off the 'grey matter', do a bit of brainstorming and generally have fun with words, even learn new words!

## **Table Tennis**

Convener: Fran 0419466345

Venue: Fripp Oval, Main Hall

Time: 12.30-2.30

Commencing: 2<sup>nd</sup> February

Table Tennis, currently only playing singles, but usually play doubles.

## **Feldenkrais**

Convener: Helena 0431329884

Venue: Fripp Oval, Main Hall

Time: 3.30-5.00

In the Feldenkrais Awareness through Movement lessons you will learn easy and effortless movement sequences, mostly done on the floor in sitting and standing, that will improve your posture, balance, coordination and flexibility.

Each lesson is related to those functional movements that are required for everyday actions, such as bending, turning, reaching, breathing, walking etc.

The classes are very slow paced and suitable for mature+ students.

## **Scottish Country Dancing**

Convener: Elspeth Lacey 0416150150  
Venue: Presbyterian Church Hall  
Time: 4.00-6.00

Learn both traditional and modern Scottish Country Dances. Great fun, exercise for mind and body. Wear soft, flat shoes.

## **Wednesday Classes**

### **Belly Dancing**

Convener: Lyndell 0487 440 170  
Venue: Fripp Oval, Main Hall  
Time: Beginners 8.30, 9.00-10.30  
Commencing: 3<sup>rd</sup> February

Fusion Belly Dance, calling on technique and expression from Egyptian and Romany Dance, using music from around the world.

### **Weights for Well-being-Advanced**

Convener: Trish 0423062756  
Venue: Fripp Oval, Main Hall  
Time: 11.00-12.15  
Commencing: 3<sup>rd</sup> February  
Must have completed Beginners W4W course.

### **Exploring Books**

Convener: Barb 0402825260  
Venue: Tutor's home  
Time: 10.30-12.00  
Commencing: 3<sup>rd</sup> February (1<sup>st</sup> Wednesday)

Each month we explore a different topic. Readers may choose fiction or non-fiction books related to each topic. Topics are available in the office and online.

### **Paint-a-Long**

Convener: Llewenna 0409 356525  
Venue: Fripp Oval, Main Hall  
Time: 12.30-2.30  
Commencing: 3<sup>rd</sup> February

'Paint-a-long' will be participant driven. All participants will be involved in planning and will guide a few lessons in an area of interest.

Various techniques and topics will be introduced eg pastels, drawing, collage, ink and pencil.

### **Solo Cards**

Convener: Raine 0402534831  
Venue: Tutor's home  
Time: 1.00-4.00  
Commencing: 3<sup>rd</sup> February

Social game of Solo Cards. Experienced/beginning players welcome

## **Basic French**

Convener: Evelyne 0459520595

Venue: Fripp Oval, Main Hall

Time: 3.00-4.00

Commencing: 3<sup>rd</sup> February

Basic French with 2020 Beginners class continuing. Beginners welcome.

## **Thursday Classes**

### **Bird Watching**

Convener: Heather 0408862914

Venue: various local venues

Time: 8.00-10.30

Commencing: 4<sup>th</sup> February, fortnightly

The class is aimed at those interested in seeing and learning more about birds in our local area. The program will consist of a series of field visits in and around the Ballina area and is for people with all levels of interest and expertise.

### **Social Amblers**

Convener: Jill 0404037686

Venue: Meldrum Park

Time: 9.00-10.00

Slow, flat walk. Walk will be on paths so those use walking aids are welcome...walking stick, rollator frame etc.

### **Tai Chi- Quigong**

Convener: Rhonda 0419144463

Venue: Fripp Oval, Main Hall

Time: 9.00-10.00

Commencing: 3<sup>rd</sup> February

Movement and Walks of Qigong and Gentle Tai Chi

### **Tai Chi- Quigong-Beginners**

Convener: Rhonda 0419144463

Venue: Fripp Oval, Main Hall

Time: 10.15-11.15

Commencing: 3<sup>rd</sup> February

Introduction to Qigong. Posture, Balance and Movements

### **Creative Writing**

Convener: Mandy 0427327381

Venue: Fripp Oval, Main Hall

Time: 11.30-1.00

Commencing: 3<sup>rd</sup> February (fortnightly)

Creative Writing is a group which provides support and encouragement. Story prompts are provided to members each fortnight to write and share their stories in class. Any genre accepted: memoir, fiction, poetry, etc.

## **Current Affairs**

Convener: Brian 0432277170  
Venue: Fripp Oval, office  
Time: 11.00-12.00  
Commencing: 11<sup>th</sup> February (2<sup>nd</sup> and 4<sup>th</sup> Thursday)

An interactive class discussion about local, national and international events of interest.

## **Quilt Art and Mixed Media**

Convener: Marie 66863470  
Venue: North Lakes Community Hall  
Time: 12.30-3.30  
Commencing: 18<sup>th</sup> February (3<sup>rd</sup> and 4<sup>th</sup> Thursday)

A variety of art/craft activities using textiles and stitching skills/art skills. The class is project based.

## **Creative Craft and Chat**

Convener: Sue 0400800528  
Venue: Fripp Oval, Main Hall  
Time: 1.00-3.00  
Commencing: 4<sup>th</sup> February

All types of craft. Members share their skills in an informal group setting. A social and friendly group.

## **Meditation**

Convener: Annette 0409317121  
Venue: Fripp Oval  
Time: 3.30-4.30  
Commencing: 22<sup>nd</sup> April

Discover inner silence, improve sleep and banish constant inner chatter.

## **Friday Classes**

### **Tap Dancing -Basic**

Convener: Rhonda 0425393551  
Venue: Sailing Club  
Time: 9.30-10.30  
Commencing: 5<sup>th</sup> February

Our class is called Fundamental Tap with the emphasis on fun. We start with warm up exercises and basic tap steps leading to dance routines.

### **Jewellery and Beading**

Convener: Joan 0417516956  
Venue: Fripp Oval, Main Hall  
Time: 10.00-12.00  
Commencing: Every Friday

Beading and Bead weaving. Basic stringing and wirework. Finishing techniques for jewellery.

## Ukulele Continuers

Convener: Catherine or Mandy 0427327381

Venue: Fripp Oval, Main Hall

Time: 12.15-1.15

Commencing: 23<sup>rd</sup> April

These classes are for those who completed the U3A beginners ukulele classes in Term 4 2019. We will start with refining the sound of the chords, strumming and songs we know. We will then progress (a little more quickly in the first group than in the second group) to learning new chords, strumming patterns and songs and getting smoother and faster with our chord-changes. We'll work toward an optional performance at the end of term 1, perhaps at an aged care facility.

## Friday Italian

Convener: Christine 0431225942

Venue: Fripp Oval, Main Hall

Time: 1.30-2.30

Commencing: 5<sup>th</sup> February

New students may be able to join IF they have done previous study in Italian. MUST contact tutor before joining the class by texting to arrange a time to meet.

## Samba Cards

Convener: Shirley 0428623341

Venue: Private home

Time: 12.30-4.00

Commencing: 5<sup>th</sup> February

Cards

## Creative Contemporary Dance

Convener: Miriam 0404593312

Venue: Fripp Oval, Main Hall

Time: 2.45-3.45

Commencing: 23<sup>rd</sup> April

**A warm-up** – gentle stretches and exercises for strength, co-ordination and flexibility; movement games to sharpen attention, and tune into the group and the space.

**Dance technique and movement material** – learning steps and sequences in different styles, including ones you might remember from social dance and everyday movement.

**Creative improvisation** – activate the imagination by collaborating to create choreography using improvisation, based on various stimuli, like stories, images and concepts.